

Two infrared sensors cause NMD test failure

By JIM GARAMONE

American Forces Press Service

■ WASHINGTON — Preliminary data indicates two infrared sensors aboard the exoatmospheric kill vehicle, an experimental Defense Department missile launched from the Kwajalein Atoll, caused the failure of a National Missile Defense test Jan. 18.

A senior military official said the infrared sensors guide the kill vehicle in the final seconds of flight. The test — called integrated flight test 4 — pitted the experimental national missile defense system against a simulated warhead launched aboard a Minuteman missile from Vandenberg Air Force Base, Calif. The kill vehicle launched from Kwajalein Missile Range in the Pacific.

Other guidance systems — both on the ground and aboard the rocket — worked well, the official said.

The official compared the test to finding a house. “You start off with the satellite sensors telling you the state, the early warning radar telling you the ZIP code, while the (radars aboard the rocket) get you to the street address,” said the official. “What we failed to do is ring the doorbell.”

The previous test in October vaporized the target with a direct hit. The kill vehicle is the bullet of the



WILLIAM HARTENSTEIN

Orbital Suborbital

The first Orbital Suborbital Program Space Launch Vehicle launches from Space Launch Complex-7 Jan. 26. The purpose of the launch was to validate the spacelift capability of the OSPSLV and to use surplus Minuteman II components to conduct reliable, economical and efficient spacelift operations. This was the first Department of Defense launch from a commercially owned launch pad. It was the first time stages from a Minuteman missile were used for a spacelift mission. It was also the first launch from the newly built SLC-7, which is owned and operated by Spaceport Systems International of Lompoc.

weapon system. It destroys a target using the kinetic energy of the force of impact; there are no explosives involved. Had the test worked, the kill vehicle and the target would have hit at about 15,000 miles an hour.

Officials said that initially everything appeared to go well. One objective of the test was to evaluate the kill vehicle's deployment and orientation. The vehicle launched, deployed and, using visual sensors, oriented

itself correctly, officials said. “It was in ‘the basket,’” said the official.

Another goal was to demonstrate the ability of the space-based sensors and ground-based radars to detect and acquire a simulated threat, track the threat and discriminate using the prototype ground-based x-band radar at Kwajalein. This, too, worked well.

African-American Heritage Month



Can you name these African-Americans and their contributions to the world?

If Every One Were Free

Imagine, if you will, just how it must be to live in a land known for freedom while not feeling free.

Free to do all that every other man and woman do.

This sounds good in theory but has yet to be proven true.

If every one were free, there would be no bad side of town.

There would also be no need to worry about where you are when the sun goes down.

With freedom comes equality, no one being better than another.

If every one were free, you could call every woman sister and each man brother.

Imagine, if you will, just how it could be to live in a land known for freedom and to actually be free.

By Joseph Battle Jr.

February 1997



Answers on Page 8



Col. Steve Lanning
Commander,
30th Space Wing

606-7850

Commander's Action Line

As the wing commander, my primary focus is on the mission, and I believe that our mission success will be based on how well we care for our people on and off the job.

The Action Line is your direct link to me. It provides an avenue for you to voice your concerns, share constructive ideas or give your fellow base members a pat on the back. The Action Line is not a replacement for using the chain of command.

Callers are asked to leave their name and contact number in case more information is needed.

I want Vandenberg to continue to be the best Air Force base in the world. Working together, it will be.

Handy phone numbers

Poison Control 800-777-6476
Clinic Appointments 606-4077
Healthwise Line 888-252-3299
TRICARE services 800-242-6788
Law Enforcement 606-3911
Area Defense Council 606-3627
Pass and Registration 606-1853
Accounting and Finance 606-4606
Community Support Center ..606-0039

Billeting 606-1844
Housing Maintenance..... 734-5586
Space & Missile Times 606-2040
Launch Update Line 606-1857
MPF customer service 606-7756
Pest Control 6061936
Visitor's Center 606-7662
Youth Center 606-2152
Chaplain 606-5573



AIRMAN 1st CLASS APRIL MUNIZ

The spirit of giving

Col. Duane Lamb, 30th Support Group commander, presents a check for more than \$700 to Roy Caldwell (left), base Community Support Center director, and Darlene Horne, food pantry manager, who accept the check on behalf of the food pantry. Along with this donation made by commissary vendor Dunham and Smith, the 30th Mission Support Squadron's Bedrock Booster Club collected more than 2,000 pounds of food for the pantry outside the commissary Saturday.

Innovation, efficiency key to staying on top

BY LT. COL. JILEY MCNEASE

30th Logistics Group

One seldom sustains superior performance by merely doing the same thing the same way forever. One sustains superior performance by continuously improving the way we perform our jobs.

Regardless of how well we are doing, we are always capable of improving. We must recognize that if we do not improve our processes, we are really going backward.

Forward motion and acceleration are needed to stay on top. We must cultivate the spirit of devising new, exciting, and more efficient ways of satisfying customer requirements.

First, we must provide outstanding, quality support to every customer at all times, no matter how difficult the situation.

Second, we must continuously work to improve our processes. It's real simple, and there are no other choices if you really want our Vandenberg Team

to win. It all depends on you!

Obviously, we must have ways such as operational readiness exercises and metrics to assess our performance and determine if our actions are working as planned. However, operational readiness exercises and metrics do not always paint an accurate picture of the true situation. So, we must be able to analyze the exercises and metrics to make sure we are really providing outstanding customer support and not simply trying to make ourselves or our numbers look better than we actually are.

We need to talk to our customers and be willing to take honest feedback. If there is a problem, we need to take action quickly to maintain our customers' respect and our reputation.

Outstanding customer support and continuous process improvements truly come from those who are close to the customers and understand the processes.

Commanders and supervisors do not have a monopoly on all the right ways

to improve processes. We need every person to make suggestions and try new ways and new tools to make this happen.

As commanders and supervisors, we must listen, trust, and respect the dignity and the creative potential of every person on our Vandenberg Team. We all must remember that we have two ears and one mouth for a reason — we should listen twice as much as we talk if we really want to learn something new and improve our processes.

Given the right environment in which to excel, forward thinkers will surprise you with new ways, or Best Practices, to improve our processes. We must be quick to reward our forward thinkers for their efforts.

Now that we have outstanding customer support, continuous process improvements, and we're charged up, we still need one key ingredient that holds the above ingredients together — leadership.

Leadership that effectively coaches a team to reach, and far exceed, goals

is necessary to sustain superior performance. Leadership must provide the positive focus, trust, consistency, and passion to sustain a superior performing team.

Leadership must run throughout the team to succeed; if not, failure will occur where leadership is missing — the weak link. This is where the most difficult part of leadership comes into play.

As a commander or supervisor, are you willing to take the difficult actions needed to fix these weak links? If not, you are the biggest part of the problem.

In summary, I challenge every individual on the Vandenberg Team to be a person with the above ingredients.

Let's sustain superior performance for the good of the Vandenberg Team and our great nation. For our upcoming Operational Readiness and Compliance Inspection — accept the challenge and go for the gold. Establish some tough goals such as earning all commendable findings with zero problem findings and most important — make it happen!

SPACE&MISSILETIMES

Col. Steve Lanning
30th Space Wing Commander

Maj. John Cherry
Director of Public Affairs

1st Lt. J.J. Murphy
Chief, Internal Information
Staff Sgt. Rebecca Bonilla
Editor

Tech. Sgt. Lloyd Conley
Staff Writer
Airman 1st Class April Muniz
Photographer

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Shirt applauds spirit of volunteerism, mentoring

BY MASTER SGT. BRIAN ROBERTSON

30th Mission Support Squadron First Sergeant

What a gift each of us has been given, the gift of life. An open-ended opportunity to do each day the things that truly bring each of us a sense of happiness and contentment.

It's now the wee hours of the morning, on just another Saturday, and I find myself awake for what seems like no apparent reason. I sit at my computer searching for the words that best express what I can only guess is the true reason for my insomnia.

Just last evening, I attended a memorial service for an incredibly remarkable woman. I sat listening to others in attendance as they reflected on some of their most memorable experiences with her and I could truly feel the admiration, respect and love flowing through the chapel like the thick Central Coast fog we all know too well.

It was an experience I won't soon forget! Not because I had a

long-term friendship with her, but because of the obvious imprint she had left on every member in the audience. What a way to be remembered!

Although she was truly a dedicated professional, a teacher, adviser and principal, and was definitely skilled beyond her years, I think the one thing that stood out in the comments that were shared was her undying gift of giving. Giving of herself to others, not for any personal gain other than the inner satisfaction that she must have felt for having helped another. I know this same feeling, and it has taken seed in me like it has in the hearts of many.

What more can be asked of someone than to share of one's self with another. Too often we find ourselves so caught up in the day-to-day deadlines, activities and

events that we forget to take a moment to share what we have with others. I'm not necessarily talking about getting so involved that you don't have time for yourself or your family, but just taking an hour or two to make a difference in the life of someone around you.

It's really very simple, but too often we overlook the opportunities to extend ourselves to others. There's really no way to list all of the possible ways to get involved, but here's a couple just to make you think.

Volunteerism – Pick a program or interest of your own and share your experiences with others. Youth sports, education, or just lending a hand in a time of need can have a lifelong impact on the lives of those you assist. The community abounds with opportunities to get

involved. All you have to do is decide the best way for you to give and then make it happen.

Mentoring – Children and adults in our community are starving for the attention and friendship that each of us has to offer.

Many times those with the greatest needs are already within our own circle of influence. Our family, friends or co-workers who might be having a tough time with something in their life, may just need someone to stop for a moment and listen. Each of us has knowledge and experiences, which would be beneficial to others around us. Mentoring is nothing more than sharing of yourself to help someone else.

I encourage everyone who reads these words to look around for their opportunity to make a difference. Once you've decided to step up and take the challenge, I'm sure you'll never look back. The internal harmony and satisfaction that you'll experience will spread through you like a virus that you'll never want to get over.

In my opinion, the only downside to what I've been discussing is that once you start getting involved, you'll find it harder and harder to not get more involved. If that's the only downside, then there really must not be one! Give of yourself to others, what greater gift do you have than to help another. Make a difference – You won't EVER regret it!



"Many times those with the greatest needs are already within our own circle of influence. Our family, friends or co-workers who might be having a tough time with something in their life, may just need someone to stop for a moment and listen."

Master Sgt. Brian Robertson
30th Mission Support Squadron
First Sergeant

BRIEFS

BASE COMMANDER MEETS WITH MOBILE HOME RESIDENTS

■ Col. Steve Lanning, 30th Space Wing commander, will hold a town hall meeting for base mobile home residents Wednesday at 7 p.m. in the Pacific Coast Club. Attendance is mandatory for all active-duty mobile home park residents.

LEADERSHIP SCHOOL HOLDS BANQUET FOR GRADUATES

■ The graduation banquet for Airman Leadership School Class 00-B will be held Tuesday at the Pacific Coast Club. A social hour will begin at 6 p.m. followed by dinner at 7 p.m. The attire is mess dress or semi-formal. For more information or to make reservations, call the ALS staff at 606-5595.

ANNUAL AWARDS BANQUET HONORS TOP PERFORMERS

■ The Vandenberg Annual Awards Banquet will be held Thursday at the Pacific Coast Club. A social hour will begin at 6 p.m., followed by the program at 7 p.m. Cost for the dinner is \$16 for club members and \$21 for non-members. Attire for the evening is mess dress for military and civilian equivalent. See first sergeants for tickets.

COMMISSARY, MINI-COMM HAVE HOLIDAY HOURS PRESIDENTS' DAY

■ The Vandenberg Commissary and Mini-comm will observe holiday hours Feb. 21 and 22 for Presidents' Day. The schedule is as follows:
Feb. 21 - commissary - closed
mini-comm - closed
Feb. 22 - commissary - closed
mini-comm - open 9 a.m. to 9 p.m.

TRI-COUNTY BLOOD BANK COLLECTS FROM BASE MEMBERS

■ Tri-county Blood Bank staff will conduct a base-wide blood drive Feb. 16, from 8 a.m. to 1 p.m. in Sesto Auditorium. The event is open to all base members. All donors will receive free doughnuts, cookies, coffee and juice while supplies last. For more information, call 606-0178.

AFSPC CHAPLAIN SPEAKS AT NATIONAL PRAYER LUNCHEON

■ The National Prayer Luncheon is scheduled for Tuesday at 11:30 a.m. in the Pacific Coast Club. Space Command Chaplain Col. David Park will be the guest speaker. For more information call chaplain Capt. Brian Shipman at 606-8270.

SERGEANTS ASSOCIATION MEETS AT PACIFIC COAST CLUB

■ The Air Force Sergeants Association will hold a general membership meeting Tuesday at 3:30 p.m. in the Pacific Coast Club. For more information, call Master Sgt. Mike Zirkle at 734-3162.



AIRMAN 1ST CLASS APRIL MUNIZ

New NCOs

Col. Steve Lanning, 30th Space Wing commander, addresses the base's newest noncommissioned officers during their induction ceremony Tuesday at the Pacific Coast Club.

Base helicopter responds to recovery effort

BY TECH. SGT. BUZZ RITCHIE
30th Space Wing Public Affairs

■ A Vandenberg UH-1N helicopter crew responded on Monday at 5:21 p.m. to a request for search and rescue support for Alaskan Airlines Flight 261 after the commercial airliner crashed several miles off the California coast.

The helicopter crew from the 76th Helicopter Flight included Maj. Keith Cox, pilot; Maj. Bruce Hellen, copilot; Senior Airman Don Cruz, primary flight engineer; Tech. Sgt. Bill Tucker, secondary flight engineer; and Maj. Chris Ryan, flight surgeon.

It took just 26 minutes for the helicopter flight to launch after getting the call to help in the search and rescue operations off Point Mugu, said Maj. Karen Cox, 76th Helicopter Flight commander. In that time, the helicopter was fueled, reconfigured for search and rescue, and loaded with rescue equipment while the crew donned water survival gear and night-vision goggles.

"This was a truly team effort," Cox said. The four-man contract mainte-

nance crew from Dynamic Science Inc., attached an on-board hoist, loaded three nine-man rafts, two survivor slings and rescue basket, explained Aquilla Carroll, maintenance manager for DSI. But they didn't work alone.

The entire crew, two alert photographers, and the flight superintendent pitched in to get the crew and helicopter ready to launch.

"I was astounded," Cox added.

When the flight's helicopter crew lifted off from Vandenberg, they flew directly to the location of the crash, explained Tucker.

"When we got there, the Coast Guard had four helicopters on-scene," the flight engineer said. The crew cleared the area and flew to Point Mugu, where they stayed on stand-by



Vandenberg's 76th Helicopter Flight helps with search and rescue operations along the coast.

SENIOR AIRMAN CHERIE THURLEY

for use by the on-scene commander. They remained on stand-by for 30 minutes and returned to Vandenberg.

Search and rescue is just one of the missions performed by Vandenberg's helicopter flight, Cox said. Their primary missions are range security and surveillance, space shuttle landing support, airlift for emergency security and disaster response forces, medical evacuation, search and rescue, and fire suppression.

Air Force needs two for leadership development

■ The Air Force received two military quotas for the Department of Defense Executive Leadership Development Program. The ELDP will begin in August 2000.

This program is designed specifically for highly motivated officers who have demonstrated outstanding leadership ability, commitment to public service, and integrity. They must have an interest in moving into senior management positions.

These individuals must be able to operate in simulated real-life situations

which involve short deadlines, be receptive to a training methodology that makes the participant assume responsibility for their learning, and have the ability to conceptualize and analyze problems effectively.

Military participants contribute a vital perspective on the missions, operations, culture and customs of the military and, in turn, learn from their civilian and military counterparts and senior managers or executives. These shared experiences enrich both military and civilian participants who are being

groomed for further leadership roles.

To be eligible, an officer must be in the grade of major or be a major select and have completed Squadron Officer's School and Air Command and Staff College, either in-residence or by correspondence or seminar.

Those interested must apply to Headquarters Air Force Personnel Center by Feb. 22. Contact the military personnel flight customer service element for additional information at 606-7756.

Transportation outlines acceptable use of GOVs

By MASTER SGT. SANDRA SIKES

30th Transportation Squadron

■ Base members who've ever parked their government owned, rented, or leased vehicle a block or more away or even just across the street from where they were going, when there was parking right out front, probably misused their vehicle.

Department of Defense motor vehicles, including those rented or leased, are for official purposes only. Providing a government vehicle solely or even principally to enhance the comfort or convenience of the member is not permitted.

GOVs available for official use

By MASTER SGT. SANDRA SIKES

30th Transportation Squadron

■ The 30th Transportation Squadron's Vehicle Operations Flight offers a variety of services to base members.

The Vehicle Operations flight offers a variety of services for official purposes.

Can't find a ride to wing stand-up? Need a ride to the health and wellness center for your cycle testing? Need to review your records at the military personnel flight? Contact vehicle dispatch at 606-1843.

The base taxi service provided by the vehicle operations flight might be the answer. The service is provided fast and free. Most passengers are picked up within five minutes of their request. Transportation is provided to active-duty military and Department of Defense civilians to Air Force scheduled appointments, and other on-base official activities.

Unfortunately, it's a violation of Title 31 of the United States code Section 1344 to move permanent party personnel from their residence in housing, the dorms or temporary lodging facilities, to their place of employment.

The non-radio dispatch section handles requests that units may not be able to handle themselves because they don't have vehicles assigned to

Base members can use GOVs for such things as attending official appointments, meetings, courts-martials, etc. and of course, for the primary reason ... to accomplish the mission.

All base members have the responsibility to make sure GOVs are used specifically for what they are authorized for. After all, everyone pays for these vehicles with their tax dollars – let's not waste them.

Anyone in doubt or who thinks they've observed a misuse, can call fleet management at 606-5255.

complete a job. There are experienced operators available and a fleet of vehicles ranging from one- to two-and-a-half ton trucks with liftgates, nine- to 15-passenger vans, tractor trailer combinations, forklifts, and buses to fill the needs of those who may have equipment, or large amounts of people to move. For those units with qualified operators, "U-drive-it" vehicles are available to meet mission needs.

Request letters for UDI and NRD service are available through unit vehicle control officers and NCOs. Requesters must coordinate requirements through unit vehicle control personnel. Completed request letters can be hand carried or faxed to the dispatch office at 606-3088.

Need a vehicle for an Air Force affiliated unit activity, chapel support or wing sponsored event? Submit a 30th Space Wing Form 400 and coordinate it through the proper agencies and you may be able to use government vehicles. Form 400s are approved on a case-by-case basis. Approved requests are scheduled, but with a warning that mission requirements have priority.

For more information on services available, call Master Sgt. Adrian De Silva, vehicle operations at 606-3122.

Examples of GOV abuse

- ◆ Anyone who ever justified taking a GOV to the base exchange to get a haircut by saying, "My hair grows on duty, therefore I can get it cut on duty," is misusing their vehicle.
- ◆ If you've ever used a GOV to get groceries to stock your squadron, flight or office snack bar ... you're misusing your vehicle.
- ◆ If you've ever forgotten something at home, like a mobility bag, office work, or an ID card, and figured you would just swing by the house in your GOV and bring it right back to work, you're misusing your vehicle.
- ◆ If you've ever been TDY and taken your rental vehicle, rented at government expense, to the mall, sightseeing, to the casinos in Vegas, to the shoppette for beer, a bar or even an off-base restaurant, if it is not in the immediate proximity of the installation, you're misusing your vehicle.
- ◆ If you've ever decided to take your dependents along on an after-hours service call you're not only misusing your vehicle, but you're creating a potential liability problem for the government! Generally, it is also inappropriate to transport relatives or friends to a retirement, promotion or award ceremony.

Family child care program now provides more choices

By DR. BEVERLY SCHMALZRIED

Headquarters Air Force Family Child Care Program

■ Every day more than 15,000 children of Air Force members and civilians are cared for in licensed family child care homes on Air Force bases worldwide.

These family child care homes play a significant role in helping Air Force families provide care for their children while they perform their military duties.

Air Force wide, more than 40 percent of the child care slots offered are in family child care homes. The remainder are in child development centers and school age programs. On Vandenberg, there are currently 30 licensed family child care providers caring for more than 120 children every

day.

Few modifications have been made in the Air Force Child Care Program since it was first implemented in 1983. However, that is about to change. A new Air Force family child care instruction became effective Nov. 1.

The new requirements will not impact how much parents pay for family child care but they are designed to give parents more choices and information about age-appropriate care. Also, for the first time, active-duty spouses and military retirees who live off base will be eligible to participate in the Air Force Family Child Care Program by affiliating with the on-base program.

Under the new program, there will

be four levels of the family child care license: provisional, standard, developmental and accredited. During the first three months of licensing, new providers will carry a provisional license. This will ensure they are able to comply with Air Force standards for family child care homes.

At the end of three months, if they have complied with licensing requirements, providers will be licensed for the remainder of a two-year period. During the first two years of care, providers may choose to operate at any of three levels. Following those two years, they must progress to the developmental level.

Every level of certification is designed to ensure care that will protect

children's health and safety. The developmental and accredited levels of care will offer activities and experiences to prepare children for school and to support their overall development.

Information about the new program and a timeline for implementation here is now being provided to parents, licensed providers and people who are interested in becoming either licensed or affiliated. A meeting to discuss the new program is scheduled for Thursday and Feb. 15 at 6:30 p.m. in the base Family Child Care Office. For more information, call Evelyn Holmes, Family Child Care coordinator, at 606-3255 or 451-0764 or Ken Ostini, FamilyMember Program flight chief, at 606-0313.

Defense Finance Accounting Service offers electronic pay help

By STAFF SGT. CYNTHIA MILLER

American Forces Press Service

■ WASHINGTON — Access to some financial and personnel record services is only a click away when the Defense Finance and Accounting Service activates the Employee/Member Self-service program this year.

The DFAS will launch the E/MSS initiative this month for Defense Department civilians, retirees and beneficiaries; and this summer for active-duty, guard and reserve military members. The service will provide military and civilian employees the option to make changes directly to their pay accounts in a secure electronic environment.

“This is a voluntary program that will allow members to take control of their pay accounts,” said David Gruba, civilian pay and disbursing analyst at the Air Force Accounting and Finance Office in Denver. “It

will save the customer time, and it will save the finance people time.”

The service will be available via telephone and the Internet 24 hours a day. The E/MSS will allow members to update: federal tax withholding information, allotments, net pay electronic fund transfers, and changes in correspondence and home addresses.

According to Gruba, future services will add the ability to: change e-mail addresses, make savings bond amount and address changes, request reissue of W-2s, request forms and publications, get pay certifications for retirees, and provide military pre-retirement requests.

According to Gruba, the E/MSS program will offer members information via a secure protocol that secures and protects data between the user’s PC and the E/MSS server. A personal identification number and master PIN database will secure user access to

the data.

Another program currently being studied by DFAS this year, is a plan to offer Leave and Earning Statements and Net Pay Advices, or mid-month pay statements, via electronic mail. This is a voluntary program in which statements will be sent to either a member’s official or personal e-mail address.

“This service will be tested Feb. 28 through April 24,” said Ed Brown, a military pay analyst at the Air Force Accounting and Finance Office. “The implementation date of the program will be determined by the results of the test.”

“With these pay initiatives Air Force employees will have pay service at their fingertips,” Brown said. “But it’s important to remember that all of the pay services currently available at the base level FSO (Financial Services Office) will still be available. This program just gives the employee more options.”

This week in history

By MASTER SGT. JOHN NELSON
30th Aerospace Medicine Squadron

Feb. 5, 1994 – Byron de la Beckwith is convicted of murdering civil rights activist Medger Evers. The murder took place more than 30 years earlier.

Feb. 6, 1959 – The first successful launch of the U.S. Air Force Titan Intercontinental Ballistic Missile takes place.

Feb. 6, 1820 – The first organized immigration of blacks back to Africa begins. Eighty-six free black colonists set sail from New York for Sierra Leone.

Feb. 7, 1985 – The Air Force announces that women can serve as combat crew officers in the Minuteman and Peacekeeper missile capsules.

Feb. 7, 1926 – Negro History Week originated by Carter G. Woodson is observed for the first time. In 1976 it

became Black History Month.

Feb. 8, 1865 – Martin Robinson Delany becomes the first African-American major in the U.S. Army.

Feb. 9, 1964 – A congressional speech by U.S. Representative Martha Griffiths on sex discrimination results in civil rights protection for women being added to the 1964 Civil Rights Act.

Feb. 10, 1989 – Ron Brown is elected chairman of the Democratic Party, becoming the first African-American to head a major U.S. political party.

Feb. 11, 1777 – Vermont is the first state to abolish slavery.

Feb. 11, 1977 – Clifford Alexander Jr. becomes the first African-American secretary of the army.

African American History spotlight answers

1. Lena Horne: To many, Lena is known for her music. She was also the favorite pin-up girl of the Tuskegee Airmen. As a nightclub entertainer, she is perhaps best known for the song “*Stormy Weather*. ”

2. Harriet Tubman: Harriet Tubman, also known as “Black Moses,” was born a slave in 1821 near the eastern shore of Maryland. When she discovered what it was to be free, she wanted to help other people to freedom. She made at least 15 trips to the south and lead at least 200 people to freedom. Singer Paul Robeson would sing the spiritual “*Go Down Moses*, ” and explain that it was a protest song of slaves who had Harriet Tubman in mind. “*Go down Moses, Way down in Egypt land, Tell ole pharaoh, Let my people go.* ”

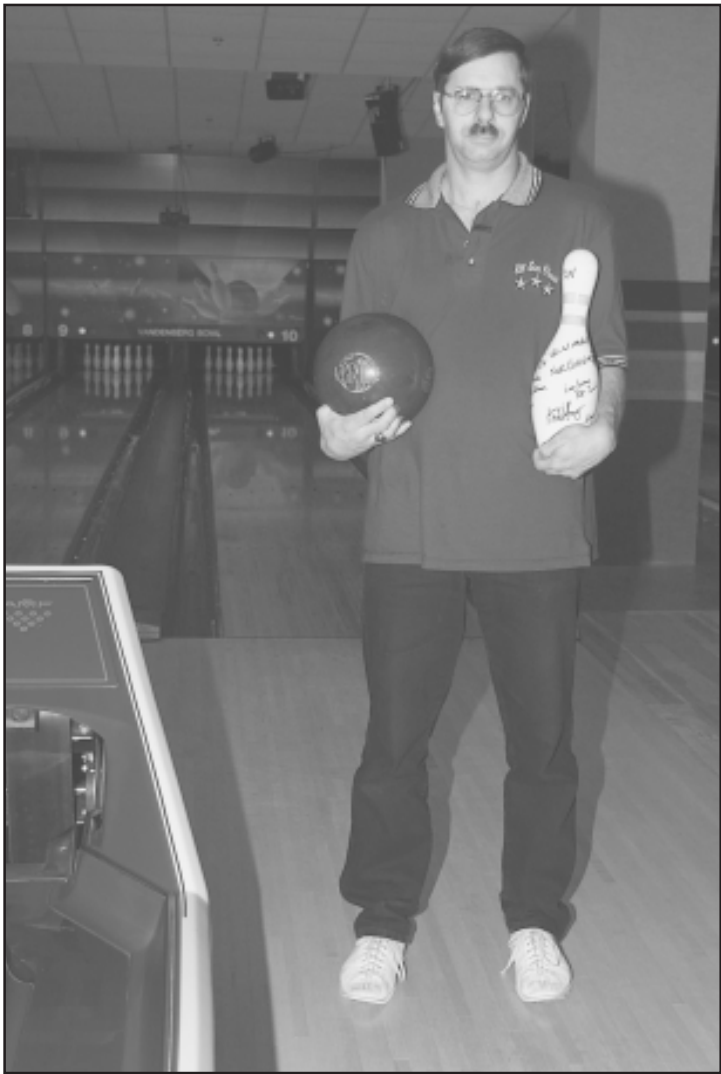
3. Benjamin O. Davis Jr.: With his promotion to brigadier general, Davis became the first black to earn a star in the U.S. Air Force. He retired as a lieutenant general in 1970, and served under President Nixon as

assistant secretary of Transportation for Environment, Safety, and Consumer Affairs.

4. Fredrick Douglas: A self-educated, escaped slave who spoke out against slavery. He founded a newspaper called the North Star.

5. Dr. Charles Richard Drew: Dr. Charles Drew is responsible for organizing the concept of the blood bank. Drew set up and ran the blood plasma bank in the Presbyterian Hospital in New York City, which served as one of the models for the wide-spread system of blood banks now in operation for the American Red Cross.

6. Dr. Martin Luther King Jr.: Just over 30 years ago, black people could not sit at the same lunch counter, or drink from the same water fountain as whites. Black children couldn’t go to the same schools as white children. Martin Luther King helped end these injustices. In 1964, he was awarded the Nobel Peace Prize.



AIRMAN 1ST CLASS APRIL MUNIZ

The one that got away, almost

Brian Soucy, 2nd Space Launch Squadron, bowled a 299 in intramural competition last Monday. Only the 4-pin on the 12th ball, remained standing to mock him. Bowling center workers gave him the pin to take home.

INTRAMURAL BASKETBALL STANDINGS

NATIONAL LEAGUE

<u>TEAM</u>	<u>WINS</u>	<u>LOSSES</u>	<u>RANK</u>
2 nd Space Launch Squadron #2	1	5	7
30 th Services Squadron	4	2	3
30 th Transportation Squadron	4	2	2
576 th Flight Test Squadron #2	3	3	4
381 st Training Squadron	3	4	5
30 th Civil Engineering Squadron	5	1	1
614 th Space Operations Squadron	2	4	6

AMERICAN LEAGUE

<u>TEAM</u>	<u>WINS</u>	<u>LOSSES</u>	<u>RANK</u>
576 th Flight Test Squadron #1	6	0	1
30 th Security Forces Squadron	4	1	2
392 nd Training Squadron	4	2	3
2 nd Space Launch Squadron #1	0	6	7
30 th Mission Support Squadron	2	3	4
533 rd Training Squadron	2	4	5
Detachment 9	2	4	6

February is American Heart Month

■ Heart disease includes all diseases of the heart and blood vessels that cause heart attacks and strokes. These diseases include Atherosclerosis and Coronary Artery Disease.

Atherosclerosis is a buildup of fatty substance called plaque on the inner walls of the blood vessels. This buildup of plaque can cause narrowing or block ages of the blood vessels. CAD is atherosclerosis of the arteries that nourish the heart with oxygen-rich blood. When too much plaque builds up, it may completely close off an artery and close off the blood supply to the head causing a heart attack.

Recommended actions to reduce the risks of heart disease include, smoking cessation. People who quit smoking have a rapidly reduced rate of heart disease. When a person quits smoking, HDL cholesterol or "good cholesterol" increases.

A person should maintain appropriate weight by combining a healthy balanced eating plan with a regular program of heart-strengthening exercise.

Stress reduction can reduce the risk of heart disease. The key to reducing stress is learning how to manage your response to stressful situations. Learn how to relax following stressful periods so your body has a chance to recover. Some examples of stress-reducing techniques are deep breathing, self-talk and visualization.

Regular aerobic exercise constant, repetitive motion using large muscle groups of the body three to five times a week for 20 to 30 minutes may help raise your HDL or "good" cholesterol levels, may reduce blood sugar and blood pressure

Groups at risk for heart disease are:

men 45 years old
women 55 years old

Risk Factors:

family history of heart or blood vessel disease
tobacco use
high blood pressure
high blood cholesterol
obesity
physical inactivity
diabetes
stress.

levels, help control your weight and reduce stress. Examples of aerobic exercise are walking, jogging, cycling, inline skating, and swimming.

The link between diet and heart disease is well established. High fat, high cholesterol diets contribute to clogged arteries and excess sodium can raise blood pressure. Try to eat for a healthier heart by following these nutrition guidelines by the American Heart Association: A healthy diet should contain a variety of grains, fresh fruits and vegetables and small portions of lean meat, chicken and fish. Use low fat or skim milk and other dairy products. Be sure to check labels on products before you buy them. Limit your total intake of dietary fats to no more than thirty percent of your daily caloric intake, and thirty percent of that should be no more than a third of saturated fat.

Some ideas to work exercise into a busy day include taking the stairs, go for a walk during coffee break, walk or bike instead of driving.

Provided by Foundation Health Federal Services.

Car crashes top cause list for childrens' deaths

■ Automobile crashes are the leading cause of death to children.

A child unrestrained in a 30 mile-per-hour crash is like dropping a child from a third story window.

When a driver doesn't wear a seat belt, 70 percent of the time the children in that car don't either. Adults who do not buckle up are sending children a deadly message that it is all right not to use seat belts.

- ♦ Set a good example for children - buckle up on every trip.
- ♦ Buckle yourself up and make sure everyone else is buckled up on every trip, whether its across the country or to the corner market.

- ♦ Instruct your children to always buckle up in other peoples' vehicles.

- ♦ Ask and encourage friends, family and loved ones to buckle up and use child safety seats.

- ♦ Properly secure every child in a vehicle in a child safety seat, booster seat, or seat belt appropriate for the child's age, height and weight.

- ♦ Never put an infant in a rear-facing child safety seat in the front seat of a vehicle with a passenger side air bag.

- ♦ Always properly restrain children 12 and under in the back seat, the safest place in a vehicle.

- ♦ Seek help from law enforcement, fire & rescue and health specialists if unsure about the correct way to secure your child in a safety seat.

Get in the habit of asking some key questions about the child's safety before turning on the ignition:

- ♦ Is my child riding in the back seat properly restrained?
- ♦ Is the safety seat facing the right way?
- ♦ Are belts and harness straps secured tightly?
- ♦ Is my older child wearing the seat belt correctly?

SAFETY SEAT BASICS:

1. The best child safety seat is the one that fits the child, fits the vehicle and can be installed and used correctly every time.

2. Rear-facing infant seats are designed for babies from birth until at least 20 pounds or 1 year of age.

3. Convertible safety seats "convert" from rear facing to forward facing toddlers between 1 and 4 years of age, who weigh between 20 and 40 pounds.

4. Older kids who have clearly outgrown their convertible seat but are not quite ready for the vehicle's belt system use booster seats as a transition to safety belts.

IT'S THE LAW IN MOST STATES.

Car Safety Trivia

- ♦ The greatest numbers of crashes occur on short trips at low speeds.

- ♦ Three fourths of all crashes happen within 25 miles of home.

- ♦ Forty percent of all fatal crashes take place on roads where the speed limit is 45 mph or less.

For more information contact the Buckle Up America partnership in your community.

Provided by Foundation Health Federal Services.

4

FRI

The Vandenberg Officer's Spouses

Club is offering scholarships to high school seniors in the class of 2000. Application is limited to Cabrillo, Lompoc, St. Joseph, Righetti, Santa Maria, Valley Christian and Santa Ynez High Schools. Eligible applicants must be the DEERS enrolled dependent of an active-duty, retired or deceased military member. In addition, spouses of active-duty and retired military are also eligible. The application deadline is March 31. Applications are available at high school counselor's offices. Call Carolyn Quick Tilley at 734-0356 for more information.

4

FRI

Los Padres Elementary School

needs tutors

in reading and math for fifth grade students from 7:45 to 8:45 a.m. Monday through Friday. Call Sue McCummins at 734-2524 for more information.

4

FRI

The 532nd Training Squadron Missileer's Association

is opening "Cupid's Floral Hotline" for free delivery of floral arrangements on Valentine's Day to main base, east housing and the trailer park. Single wrapped roses and various vase arrangements are available. Orders will be accepted until Thursday. Call Cupid's Hotline at 734-3336 or Rich Hazen at 606-0470 to place an order.

4

FRI

The Cypress Gallery

is scheduled to present the show, "Dear to my Heart," from now until Feb. 27. The gallery is open Tuesday through Sunday From 11 a.m. to 4:30 p.m. and is located at 119 East Cypress Avenue, Lompoc. Call 737-1129 for more information.

4

FRI

A Financial Planning Workshop

is scheduled to begin today at 11 a.m. at the community support center. The four-part series explores concepts and strategies to assist in building a successful financial plan. For more information and to register, call Jeri Salveter at 606-4491.

5

SAT

The Santa Barbara County Education Office

has scheduled its 25th annual parent conference at Lompoc High school Saturday from 8:30 a.m. to 2:30 p.m. Workshop seminars will include confident Parenting, School Reform: Facts for Parents, Special Education Services and College Bound. For more information, call Adriana Seaman at 736-2371, ext. 230.

7

MON

The Lompoc Pops Orchestra

will present a Valentine concert, entitled "From California with Love," Monday at 7:30 p.m. at Trinity Church of the Nazarene, 500 North "D" St. in Lompoc. Tickets are available from Lompoc area merchants. For more information call the Lompoc Valley Chamber of Commerce at 733-5102.

7

MON

The next Stress Management class

is scheduled at the community support center from 8 a.m. to 4 p.m. Monday and 8 a.m. until noon at the health and wellness center on Tuesday. For more information, call Linda Bastine at 606-9958.

15

TUE

The North County Rape Crisis and Child

Protection Center is scheduled to begin a new training program for volunteers interested in donating their time to support survivors of sexual

assault and child abuse. Orientation and training is scheduled to begin at the Lompoc office located at 112 E. Walnut on Feb. 15 at 6 p.m. For more information, call Ann McCarty at 736-8535.



At the Movies

Friday

"Flawless" (R)

Starring Robert Deniro and Phillip Seymour Hoffman. 149 min

Saturday

"Dogma" (R) Starring Matt Damon and Ben Affleck. 114 min

Sunday

"Dogma" (R)

Thursday

"Anna and the King" (PG-13) Starring Jodie Foster and Chow Yun-Fat. 149 min

Feb. 11

"Anna and the King" (PG-13)

Feb. 12

3 p.m. "Toy Story 2" (G) starring Tom Hanks and Tim Allen. 92 min

7:30 p.m. "Deuce Bigalow" (R)

Starring Rob Schneider and Arija Bareikis, 90 min

17

THUR

S^{30th} Services NEWS

YOUTH CENTER



Parent & Child Valentine Millennium Dance

Join us at the Pacific Coast Club
on Feb. 11 at 6 p.m.

♥ Celebrate the past with your child. Dress up as a couple of 30s swingers or be ready to "get down" in your disco jeans. You pick the era and have fun.

♥ Price is \$7 for parent and child that are members, \$9 for non members.

♥ Price includes a picture with your child, cake and punch.

♥ Purchase your tickets in advance at the Youth Center. Call 606-2152 for details.

V.I.T.T. Vandenberg Information, Tickets & Tours

Leisure Tours

Fantasia - Mar. 11

The IMAX experience. \$43 includes transportation and reserved seating, 11:30 a.m. showtime.

Death Valley - Mar. 24-26

Two nights at Furnace Creek Ranch, \$270 per person sharing. Extensive sightseeing with ranger/guide.

Great Escape Party Cruise - Sep. 16-19

Bus to LAX, fly to Vancouver, Canada, then--PARTY TIME! Cruise back to Los Angeles for 3 nights aboard the brand-new, luxurious OCEAN PRINCESS. Inside stateroom, from \$416.85, outside stateroom, from \$536.85. Airfare, \$172.

Call V.I.T.T. at 606-7976 for all the details.

LIBRARY

Black History Month – February is Black History Month. The Library will have special displays and exhibits on Black History.

BOWLING CENTER

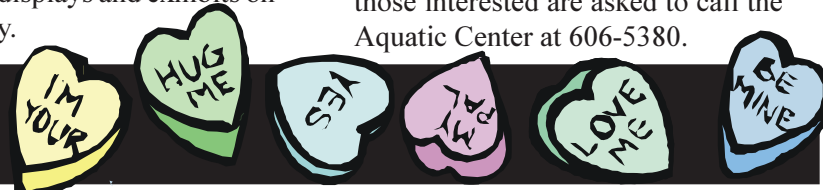
"Adult-Junior" Moonlight No-Tap Doubles Tournament - Saturday, 8 p.m. Check in at 5:30 p.m. and bowl at 6 p.m. cost is \$12. per entry.

Sweetheart Doubles – Saturday, Feb 19, check in at 5:30 p.m. and bowl at 6 p.m. Cost is \$12. per entry.

FAMILY AQUATIC CENTER

The Central Coast Marlins Swim Team is back on Vandenberg at the Family Aquatic Center. The Marlins welcome children ages 5 to 18 to their competitive swim team. All levels, from beginners to seniors, are available. The Marlins program is dedicated to the proper growth in children by the development of good sportsmanship, honesty, loyalty and team spirit through a competitive swim program. Practice times and fees are dependent on child's level. All new prospective members receive one week free. Swim meets are held once a month at various locations over the Central Coast. All those interested are asked to call the Aquatic Center at 606-5380.

FEBRUARY REMINDERS!



Pacific Coast Club

Wednesday

MONGOLIAN BBQ

\$5.95 for the first ounce
\$.95 each additional ounce
6 to 8 p.m.

Pacific Coast Club

Friday

Latino Night

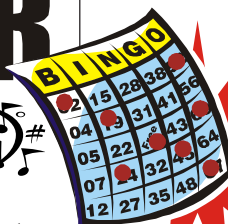
in the Hawk's Nest
with DJ Guy

NIGHTER

in the Hawk's Nest
9 p.m. to 4 a.m.

Lounge opens at 8 p.m.

Pacific Coast Club



Every Monday
in the ballroom

Doors open at 5 p.m.
Early bird games at 6 p.m.
Regular games at 6:30 p.m.

30th Services NEWS

PACIFIC COAST CLUB



ALL NIGHTER MARDI GRAS MASQUERADE PARTY



Feb. 20

\$10.00 per person,
doors open at 9 p.m.

(Cajun hors d'oeuvres & more)



Looking for interested

HIKING VOLUNTEERS

Will train!

Interested?

Call Outdoor Recreation
at 606-5908



VALENTINE'S DAY SALE

February 11 through February 13

MARSHALLIA RANCH

10% off merchandise over \$10.
Marked down and sale items not in-
cluded.

GOLF COURSE



Donating to a worthy cause

Medical technician, Ferdinand Steinseifer takes blood from the first donor of the day, Senior Airman Andrea Stuyvesant, 30th Medical Group. The base blood drive took place in the staff lounge at the Vandenberg Clinic Monday from 8 a.m. to noon.

unique challenge of building a marriage and family life with a blended family. Call Linda Bastine at 606-9985 to register.

25 TUE

20 WED A manage your move workshop is scheduled for

1 p.m. at the community support center. Topics covered will be finance, TMO, housing and more. To register, call the relocation assistance staff at 606-0801.

7 MON

20 WED

25 TUE

A four-part step parenting class is scheduled to

begin at 2 p.m. at the community support center. The seminar will address the

16 SAT

The base volksmarch club will host a 10 kilometer

fun walk at 9 a.m. Saturday. The walk will start at the Solvang Shoe Store at the intersection of Copenhagen Drive and First Street in downtown Solvang. The route will proceed along paved roads through out the countryside and will take approximately two hours. Participants may walk free. For more information call

Bill Uttenweiler at 606-7722. Donations will be accepted.

19 WED

The community support center is holding a day-long work-

shop on **marketing for a new career** from 9 a.m. to 4 p.m. Tuesday. Early registration is encouraged. The workshop is recommended for individuals with more than 15 years of service and for people preparing for transition from military

service. Topics discussed are financial preparation, career change stressors, current labor market and job search techniques. For more information and to register call Jimmy Camacho at 606-0039.

19 WED

A four-part step parenting class is scheduled to

begin at 2 p.m. at the community support center. The seminar will address the